

SOUTH SUBURBAN

SUMMER 2025

SSPRD.ORG

303.347.5999

JUNE 1-AUGUST 31

BMX

PICKLEBALL

SUMMER CAMPS

OUTDOOR POOLS



**SOUTH
SUBURBAN**
PARKS & RECREATION



STAY CONNECTED!



South Suburban Social Snapshot

Like, share, and follow South Suburban on your social channels!
We love to see how patrons #ExploreSSPRD, so get social and tag us in any photos or videos you share online.

Election: Meet the Candidates



Meet the candidates running in the 2025 South Suburban Board of Directors election! Candidate bios are listed in ballot order at ssprd.org. Go check them out and start thinking about who you want to represent you on our Board of Directors for the next four years. ✓

While you're at it, check to see if you're on our Permanent Absentee Voter List and find the application for an absentee ballot at ssprd.org/elections. That way you'll be ready to go well in advance of the May 6 election.

Reynolds Landing Groundbreaking



South Suburban and project partners broke ground on the Reynolds Landing Park Redevelopment earlier this year! 🎉 This groundbreaking came after four years of coordination between South Suburban, Mile High Flood District, City of Littleton, Arapahoe County, the Colorado Water Conservation Board, and Colorado's Congressional Delegation. Funders for this project also include Great Outdoors Colorado, Colorado Parks and Wildlife, and a private donor. Learn more about this project, scheduled for completion in Spring 2027, at gameplan.ssprd.org!

South Suburban Park Rangers Complete Ice Rescue Training



Park Rangers completed an ice rescue training at South Platte Park earlier this year. ❄️ These trainings help our rangers be ready to respond to emergencies like a person falling through the ice. While they work closely with the lifesavers at South Metro Fire Rescue, our Rangers are ready to act as another response unit to maximize survival chances.

Patrons Show Up for Spirit Week



Shoutout to everyone who participated in Spirit Week this Spring! 🎉 Staff at Buck, Goodson, and Lone Tree rec centers had so much fun watching fitness class participants come in decked out for each day's theme! Congrats to those who won prizes and thank you to all who helped bring some extra joy into our facilities! 😊

APPLY FOR YOUR ABSENTEE BALLOT

NEXT SOUTH SUBURBAN BOARD OF DIRECTORS ELECTION: MAY 6, 2025

This election is your chance to make your voice heard!

District residents can vote two ways – in person on Election Day at the South Suburban Sports Complex, or by absentee ballot. Ballots will not be automatically mailed to residents. To receive an absentee ballot, you must complete an Application for Absentee Ballot before April 29.

Learn more about the election and the candidates running, or download an Application for Absentee Ballot at ssprd.org/elections.

GET YOUR ABSENTEE BALLOT &



How to Apply for an Absentee Ballot

1. VISIT [SSPRD.ORG/ELECTIONS](https://ssprd.org/elections)
2. DOWNLOAD THE APPLICATION FOR AN ABSENTEE BALLOT
3. SIGN YOUR COMPLETED APPLICATION
4. MAIL OR EMAIL YOUR APPLICATION TO SOUTH SUBURBAN



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Follow us on social media to keep up with these topics and more!

SSPRDCO SSPRD South Suburban Park and Recreation District

South Suburban Park and Recreation District South Suburban Park and Recreation District

BUILD TOGETHER. PLAY TOGETHER

40 YEARS OF PARK AND RECREATION MONTH

This July marks 40 years of Park and Recreation Month! Since 1985, this annual event has shined a spotlight on the incredible work of park and recreation professionals nationwide.

Here at South Suburban, we're celebrating our dedicated staff who work each day to create spaces and programs that foster community connection, promote healthy living, and provide opportunities for everyone to play.

BUILDING FOR THE FUTURE

This year's theme includes a focus on creating and maintaining accessible, inclusive and sustainable parks and recreation programs that meet the evolving needs of the community. From maintaining open spaces and trails to updating playgrounds and sports facilities, South Suburban offers environments where people of all ages can come together and play for years to come. Exciting examples that are currently in the works include the new Southpark Pickleball Complex, High Note Regional Park, and much more!

PROMOTING HEALTH AND WELLBEING

Parks and community hubs help support physical and mental wellbeing. In fact, an NRPA study shows 92 percent of adults say they experience a positive mental health boost after spending time at their local parks. By encouraging active lifestyles and offering programs that bring people together, we help create stronger, healthier communities. From affordable drop-in fitness classes to free concerts and yoga classes in parks, we're always looking for new ways to help our community improve their physical and mental health.

INCLUSIVE, HIGH-QUALITY PROGRAMS FOR ALL

Everyone should have access to quality recreational programs and spaces, regardless of age, ability, or background. That's why we're committed to making our parks, facilities, and programs accessible and inclusive for all. From our South Suburban Therapeutic Adaptive Recreation (STAR) program to active adult classes and trips, there's something for everyone to enjoy.

CONNECTING THROUGH PLAY

Play is powerful! Engaging in recreation, especially outside, has been linked to reduced stress, improved blood pressure, and stronger interpersonal relationships, according to NRPA studies. Whether it's joining a team sport, trying out a new craft, or enjoying a peaceful moment in the park, South Suburban is proud to provide places for people to connect with each other and with nature.

As we celebrate 40 years of Park and Recreation Month, we invite you to join us in building and playing together. Explore all the activities, programs, outdoor spaces, and events South Suburban has to offer at ssprd.org, and join the conversation on social with #BuildTogetherPlayTogether and #ParkAndRecMonth2025.



CONSTRUCTION ZONE

Summer means the completion of new places to play! Residents can look forward to playground improvements and continued progress on large-scale projects. For updates on all planning and construction projects at South Suburban, visit gameplan.ssprd.org.



Reynolds Landing



Columbine Manor Park



Fairways at Lone Tree Park



Southpark Pickleball Complex

GROUNDBREAKING AT REYNOLDS LANDING

After years of planning, Phase 1 of construction began on Reynolds Landing in February. This project highlights a true collaboration between 10 agencies that share the same goal of improving recreation and access to the South Platte River. Learn more about the Reynolds Landing Project at naranjocivil.com/reynolds-landing.

SUMMER 2025 CELEBRATIONS!

Columbine Manor Park

Look forward to a new playground, concrete access path, mini pump track, and shade pavilion. Keep an eye out for a public celebration this summer.

TrailMark Park Playground

Together with the City of Littleton, South Suburban will celebrate the new, upgraded playground and rubberized safety surfacing at the Meet, Greet, and Eat event on June 18. Additional improvements include a new irrigation system, shade pavilion, and park benches.

Fairways at Lone Tree Park

Celebrate the improvements to Fairways at Lone Tree Park in June. The layout of the park was reconfigured to optimize motor vehicle access. A post-tension basketball half-court was installed, along with modern playground equipment and rubberized safety surfacing, increasing accessibility.

SUMMER 2025 COMPLETION

Hunters Hill Park

A new rubber safety surfacing was installed to maintain consistency in the park.

UNDER CONSTRUCTION

Cherry Knolls Park

The new playground will include a larger shade pavilion, new playground equipment, poured-in-place rubber safety surfacing, concrete trail paving, and complete renovation of the restrooms.

Cornerstone Park

Phase 1 of the Cornerstone Park improvements is underway. Paving of the northern parking lots is taking place, in addition to concrete flatwork for connections from the parking lots into the park, landscaping and fencing, traffic and parking signage, stormwater improvements, and a new paved access road connection from the northern lots to the southeast lots.

Puma Park

New public art will be installed, along with upgraded playground equipment, rubberized safety surfacing, and a new shade pavilion and san-o-let closure.

Southpark Pickleball Complex

The new pickleball complex is being built in partnership with Highlands Ranch Metro District. It will feature 19 lighted courts, parking lots and restroom facilities.

Sunset Park

This neighborhood park will see improvements that include a new playground, shade pavilion, basketball court, and backstop.

REGISTRATION FOR FALL 2025
BEGINS JULY 15.



SUMMER EVENTS

SPOTLIGHT

FREE YOGA IN THE PARK

**Belvedere Park | May-August
Last Tuesdays of the month
Hudson Gardens | June-August
Third Wednesdays of the month**

Take a breath of fresh air at free outdoor yoga classes! Bring your own mat to practice and unwind in the great outdoors. These programs are free, but reservations on register.ssprd.org are strongly encouraged.



MUSIC ON THE PATIO

**Weekends
South Suburban Golf Course &
Lone Tree Golf Club & Hotel**

The patios at South Suburban and Lone Tree golf courses are the place to be on weekends all summer, from June-August. Enjoy live music and food and drink specials at both courses. These weekly events are free, but space is limited.



44TH ANNUAL HIGH LINE CANAL RUN 5K & 10K

**May 10
High Line Canal**

A local favorite! Runners of all ages and abilities are invited to participate in the 44th Annual High Line Canal 5K and 10K along the scenic High Line Canal. Sign up at ssprd.org/RaceSeries.



STAY ACTIVE ALL SUMMER WITH OUTDOOR FITNESS CLASSES

Make the most of the warm weather at outdoor classes! A variety of activities for exercisers of all ages and abilities are available at parks, pools and rec centers across the District all summer long. Sign up at register.ssprd.org.

OUTDOOR AQUA FITNESS

Cook Creek Pool
Mon., Wed., Fri. | 9:45 am
Ben Franklin Pool
Mondays | 6 pm

Aqua fitness is a great way to improve cardiovascular health while toning muscles, all without oversteering your joints.

TAI CHI (YANG STYLE)

Cherry Knolls Park
Sundays | 9:30 am

Tai chi relieves stress, increases energy, improves balance, and promotes mental wellbeing. Beginners welcome!

OUTDOOR YOGA

Hudson Gardens
Mondays & Wednesdays
9 am

These yoga classes are great for all ability levels, and help improve posture, increase energy levels, and relieve pain.

SOUND BATH

Hudson Gardens
June 21 | 9 am
July 18 | 6 pm
Aug. 2 | 9 am

Let the healing sounds of singing bowls, chimes, and gentle winds guide you into deep relaxation to clear your mind and restore balance.

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CHIPPING & MULCH EVENT

**June 7
Willow Spring Service Center**

Need to get rid of large tree limbs? Residents are invited to bring materials for chipping to Willow Spring Service Center (7100 S. Holly St.) and the Centennial Public Works Facility (7272 S. Eagle St.). Learn more at ssprd.org.



SUMMER BEATS CONCERTS

**June & July
Prairie Sky Park**

Bring the whole family to Lone Tree for two evenings of crafts, food, and dancing! Kids activities begin at 5 pm. These free concerts promise a rockin' good time.



RED, WHITE & ROCK!

**July 3
Hudson Gardens**

Join us for a family-friendly Yacht Rock-themed Independence Day celebration! Enjoy live music, activities, food trucks, themed cocktails and a fireworks finale. Tickets available at hudsongardens.tixr.com/ROCK.



SPOTLIGHT

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SAVE THE DATE: RECREATION CENTER MAINTENANCE WEEK CLOSURES

**Lone Tree: Aug. 4-10
Pool and Hot Tub Closed Aug. 4-16
Buck: Aug. 11-15
Pool and Hot Tub Closed Aug. 11-17
Goodson: Aug. 25-29
Pool and Hot Tub Closed Aug. 23-29**

SUMMER FUN STARTS AT OUTDOOR POOLS

BEN FRANKLIN | COOK CREEK | HARLOW | HOLLY

Make the most of summer at South Suburban's four outdoor pools! Join a summer swim team, unwind with family, and make every celebration a splash. Ben Franklin, Cook Creek, Harlow, and Holly pools open Memorial Day weekend.

Looking for even more summer fun? Purchase a Splash Pass for unlimited access to all four pools all season long – plus, you'll save! Splash Passes are available for purchase starting May 1.

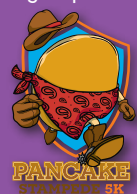
Learn more at ssprd.org/splash.



PANCAKE STAMPEDE 5K

**Aug. 10
Mary Carter Greenway**

Work up an appetite for a deluxe breakfast at the Pancake Stampede 5K! The race takes place on the Mary Carter Greenway along the South Platte River and is part of Littleton's Western Welcome Week celebration. Sign up at ssprd.org/RaceSeries.



LUAU HORIZONS: JOURNEY THROUGH THE ISLANDS

**Aug. 16
Hudson Gardens**

Experience rich cultures during an evening full of fun, flavor and entertainment! Enjoy music from a local Hawaiian band, dance performances, delicious food, tropical drinks, and more.



BLUFFS 8K TRAIL RUN

**Aug. 24
Bluffs Regional Park**

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree. The course is fine crushed gravel with some rugged, steep areas along the route. Sign up at ssprd.org/RaceSeries.





FACILITIES

RECREATION AND COMMUNITY CENTERS

DOUGLAS H. BUCK COMMUNITY RECREATION CENTER

- 📍 2004 W. Powers Ave., Littleton
- 🌐 ssprd.org/Buck-Recreation-Center
- ☎ 303.797.8787

GOODSON RECREATION CENTER

- 📍 6315 S. University Blvd., Centennial
- 🌐 ssprd.org/Goodson-Recreation-Center
- ☎ 303.798.2476

LONE TREE RECREATION CENTER

- 📍 10249 Ridgeway Cir., Lone Tree
- 🌐 ssprd.org/Lone-Tree-Recreation-Center
- ☎ 303.708.3500

SHERIDAN RECREATION CENTER

- 📍 3325 W. Oxford Ave., Sheridan
- 🌐 ssprd.org/Sheridan-Recreation-Center
- ☎ 303.761.2241

LONE TREE HUB

- 📍 8827 Lone Tree Pkwy., Lone Tree
- 🌐 ssprd.org/The-Lone-Tree-Hub
- ☎ 720.245.2601

RESTAURANTS

AVALANCHE GRILL

- 📍 Family Sports Center
6901 S. Peoria St., Centennial
- 🌐 golf.ssprd.org/Avalanche-Grill
- ☎ 303.754.0544

CENTENNIAL GRILL

- 📍 Littleton Golf and Tennis
5800 S. Federal Blvd., Littleton
- 🌐 golf.ssprd.org/Centennial-Grill
- ☎ 303.795.7466

LONE TREE GRILL

- 📍 Lone Tree Golf Club & Hotel
9808 Sunningdale Blvd., Lone Tree
- 🌐 golf.ssprd.org/Lone-Tree-Grill
- ☎ 303.790.0202

SOUTH SUBURBAN GOLF COURSE BAR AND GRILL

- 📍 South Suburban Golf Course
7900 S. Colorado Blvd., Centennial
- 🌐 golf.ssprd.org/South-Suburban-Bar-Grill
- ☎ 303.770.1882

SOUTH SUBURBAN SPORTS COMPLEX GRILL

- 📍 4810 E. County Line Rd., Littleton
- 🌐 ssprd.org/Sports-Complex
- ☎ 303.798.7515

ENTERTAINMENT & SPORT FACILITIES

FAMILY SPORTS CENTER AND MINI GOLF

- 📍 6901 S. Peoria St., Centennial
- 🌐 ssprd.org/Family-Sports-Center
- ☎ 303.708.9500

SOUTH SUBURBAN SPORTS COMPLEX

- 📍 4810 E. County Line Rd., Littleton
- 🌐 ssprd.org/Sports-Complex
- ☎ 303.347.6968

SPORTS DOME

- 📍 6959 S. Peoria St., Centennial
- 🌐 ssprd.org/Sports-Dome
- ☎ 303.754.0541

COUNTY LINE BMX

- 📍 David A. Lorenz Regional Park
8560 S. Colorado Blvd., Centennial
- 🌐 ssprd.org/County-Line-BMX
- ☎ 303.798.7515

CORNERSTONE BATTING CAGES

- 📍 5098 S. Windermere St., Littleton
- 🌐 ssprd.org/Batting-Cages-at-Cornerstone-Park
- ☎ 303.797.3796

COLORADO JOURNEY MINI GOLF

- 📍 5150 S. Windermere St., Littleton
- 🌐 ssprd.org/Colorado-Journey
- ☎ 303.734.1083

NATURE FACILITIES

HUDSON GARDENS & EVENT CENTER

- 📍 6115 S. Santa Fe Dr., Littleton
- 🌐 hudsongardens.org
- ☎ 303.797.8565



Bloom Room at Hudson Gardens

SOUTH PLATTE PARK AND CARSON NATURE CENTER

- 📍 3000 W. Carson Dr., Littleton
- 🌐 ssprd.org/Nature
- ☎ 303.730.1022

For more amenity information, admission rates, facility rentals and holiday hours, please visit ssprd.org.



OUTDOOR SWIMMING POOLS

BEN FRANKLIN POOL

- 1600 E. Panama Dr., Centennial
- ssprd.org/Ben-Franklin-Pool
- 303.798.5922

COOK CREEK POOL

- 8711 Lone Tree Pkwy., Lone Tree
- ssprd.org/Cook-Creek-Pool
- 303.790.7665

HARLOW POOL

- 5151 S. Lowell Blvd., Littleton
- ssprd.org/Harlow-Pool
- 303.798.6269

HOLLY POOL

- 6651 S. Krameria Way, Centennial
- ssprd.org/Holly-Pool
- 303.770.0333

GOLF COURSES

LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- golf.ssprd.org/Lone-Tree-Golf-Club-Hotel
- 303.799.9940

FAMILY SPORTS GOLF COURSE

- 6901 S. Peoria St., Centennial
- golf.ssprd.org/Family-Sports-Golf
- 303.649.1115

SOUTH SUBURBAN GOLF COURSE

- 7900 S. Colorado Blvd., Centennial
- golf.ssprd.org/South-Suburban-Golf-Course
- 303.770.5500

LITTLETON GOLF AND TENNIS

- 5800 S. Federal Blvd., Littleton
- golf.ssprd.org/Littleton-Golf-and-Tennis
- 303.794.5838

TENNIS & PICKLEBALL

HOLLY TENNIS CENTER

- 6651 S. Krameria Way, Centennial
- ssprd.org/Tennis
- 303.771.3654

SSIA - PICKLEBALL

- 6580 S. Vine St., Centennial
- ssprd.org/pickleball
- 303.996.5474



TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- ssprd.org/Tennis
- 303.768.8109



3 EASY WAYS TO REGISTER

- Online: register.ssprd.org
- Phone: 303.347.5999
- Walk In

REGISTER ONLINE

The easiest way to register for South Suburban classes and programs is online! Visit register.ssprd.org and click on "catalog" to find your favorite class and register.

REGISTRATION OFFICES

Registration office is located in the Goodson Recreation Center, 6315 S. University Blvd., Centennial, CO 80121.

- Hours: Mon-Thu 7:30 am–6 pm
Fri 7:30 am–5 pm
Sat 9 am–1 pm

Call the registration office at 303.347.5999.

Athletics league registration is located at the South Suburban Sports Complex, 4810 E. County Line Road, Littleton, CO 80126.

- Hours: Mon-Fri 8 am–5 pm

To learn more about athletics leagues call 303.798.7515 or visit southsuburbansports.com

REFUNDS/CANCELLATIONS

Refunds or transfer must be requested and approved at least 3 full business days before the scheduled start of the activity. A full refund of the class cost will be issued as an account credit. If we cancel the class, no fees will be assessed. There is a \$5 service charge per class, per individual to refunds on a credit card. Cancellations made less than three days prior to the class start date may not be eligible for a credit or refund. There are specific programs with policy exceptions.

CODE OF CONDUCT

Appropriate social behavior is requested for all programs and facility use. Individuals are encouraged to act in a way that will not physically, mentally or emotionally hurt another person. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

NONDISCRIMINATION POLICY

We prohibit discrimination against any patron or volunteer on the basis of race, color, sex, age, national origin, ancestry, genetic information, disability, religion, sexual preference or orientation, gender identity or expression, marital or military status, pregnancy, childbirth and related medical conditions, political affiliation, or any status protected by state or federal law.

Americans with Disabilities Act: If you require special assistance, please call 303.483.7004.

INDEMNIFICATION AND WAIVER OF LIABILITY

By registering for any program, the registrant acknowledges that program activities carry certain risks for participants. Further, by registering, the registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

PHOTOS, VIDEOS AND EMAIL ADDRESSES

We may periodically send you email updates. You can unsubscribe at any time. We do not sell email addresses.

South Suburban Park and Recreation District may take photos, audio and/or video recordings of anyone in attendance at a District-managed property or facility or during any District-associated class, event or program. The District may use these materials at its discretion for promotional, marketing and publicity purposes without obligation, compensation or liability to those appearing in such materials.

HOUSEHOLD PASSES

The fee structure for households is based on the following definition: two adults and up to three (3) dependent children up to the age of 17, all residing year-round in the same residence. For additional dependent children residing year-round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.

RESIDENCY

Use the District Address Search function on ssprd.org to learn if you live within the South Suburban boundaries to receive the resident rates. Additional proof of residency may be requested at any time, such as a current photo ID with your address printed on it or a current bill with the District address and customer name.

SCHOLARSHIPS

Scholarships are available for qualifying residents to use District facilities and participate in programs. To learn more about requirements and request an application, call the Registration Office at 303.347.5999 or visit ssprd.org/scholarships.



LICENSED CAMPS

Adventure Day Camp at
Family Sports Center
Club Camps at:
Buck Rec Center
Goodson Rec Center
Lone Tree Rec Center
Sports Complex



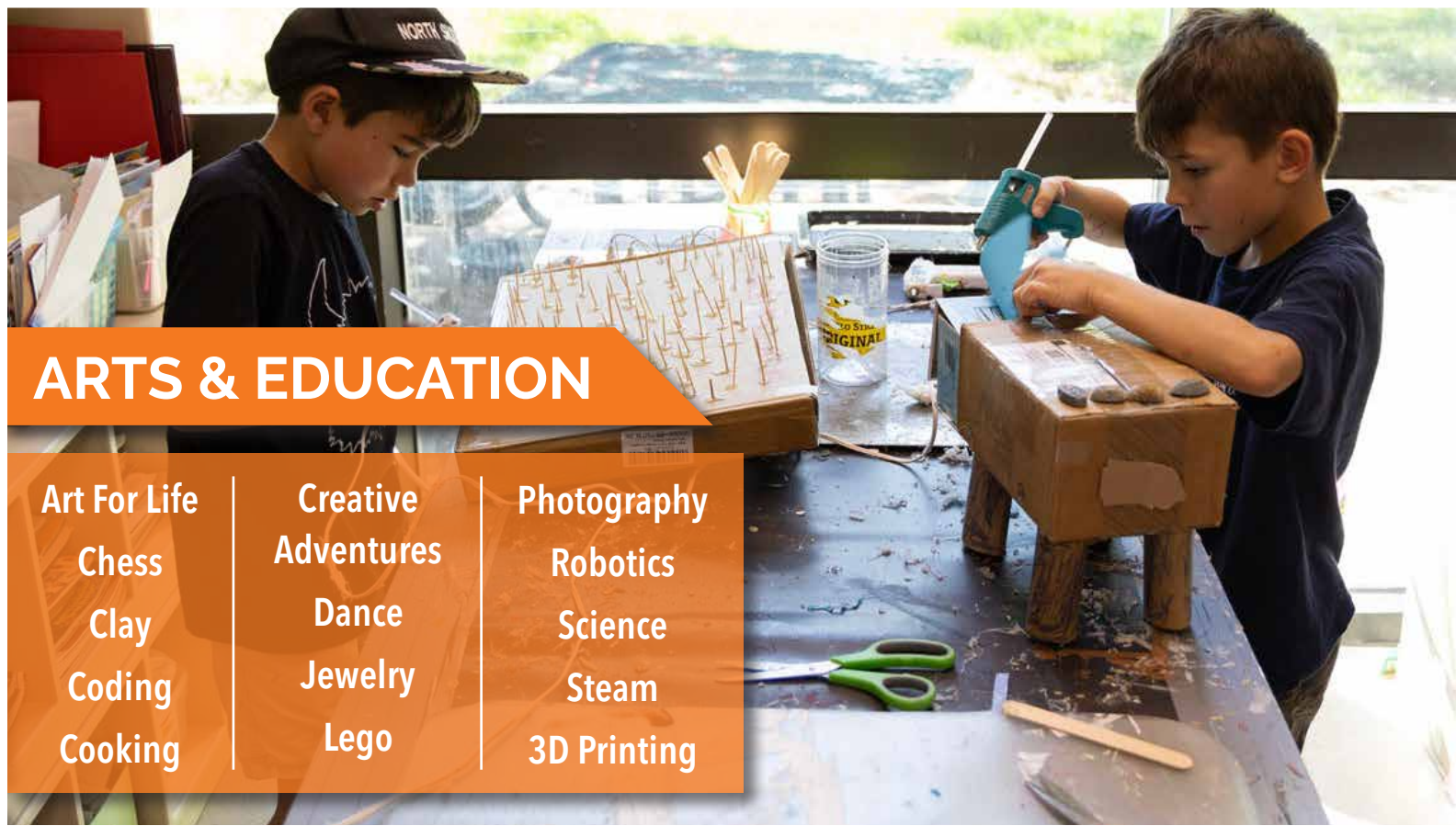
SPORTS

- | | |
|----------------|-------------------|
| Archery | Outdoor Adventure |
| BMX | Pickleball |
| Basketball | Soccer |
| Figure Skating | Sport & Splash |
| Flag Football | Strider Bike |
| Golf | Tennis |
| Gymnastics | Triathlon |
| Lacrosse | Volleyball |
| Multi-Sport | |



NATURE

- Bug Camp
- Horseback Riding
- Kids Nature Club
- Mini Beekeepers
- Mini Mountaineers
- Outdoor Explorers
- Outdoor STEM
- Primitive Survival
- Take Flight
- Trailblazers
- Water Sports
- Woods Medicine
- Zombie Survival



ARTS & EDUCATION

- | | | |
|--------------|---------------------|-------------|
| Art For Life | Creative Adventures | Photography |
| Chess | Dance | Robotics |
| Clay | Jewelry | Science |
| Coding | Lego | Steam |
| Cooking | | 3D Printing |



GOLF

- Junior Golf
- Junior Golf & Tennis



ESPORTS

- Battle Royale
- Mario Kart
- Minecraft
- Rocket League
- Super Smash Bros
- Table Top Gaming



ACTIVE ADULTS

PROGRAMS & CLASSES

5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir that emphasizes the social, emotional, physical and mental health benefits of singing for older adults. It is open to anyone "55 & better" who seeks art education and performance opportunities under the direction of professional artists, and is interested in a fun and challenging musical adventure (no prior choral experience necessary).

CLASSES

Find your new favorite hobby, or hone your skills at a craft you love. There's something for everyone at our classes and programs including **Watercolors, Ceramics, Line Dance, Beginner Partners Dance, Intermediate Spanish, Card Trick Class, Printmaking, Art Workshops** and more. Connect with other adults who have the same interests as you and learn something new!



DROP-IN ACTIVITIES & GAMES

Stop by to connect with friends old and new while participating in games and activities hosted at various times and locations throughout the week. Play **Duplicate Bridge**, work on your crochet or knitting projects at **Happy Hooks and Needles**, drop in for **Pinochle** or **Poker** and more! All drop-in activities and games schedules can be found on register.ssprd.org.

TRIPS AND TOURS

Enjoy a fun outing while we do the driving! Experience culture at a live theater performance or a museum, or explore our beautiful state on day-trip adventures and hikes. A complete list of all trips, dates and pricing is available at register.ssprd.org.




RESOURCES

LOCAL INFORMATION & ASSISTANCE

Arapahoe County Council on Aging.....	accoa.info
Arapahoe County Department of Human Services.....	303.636.1130
Arapahoe County First Ride.....	720.540.5566
Centennial Senior Commission.....	centennialco.gov
DRCOG Area Agency on Aging.....	303.480.6700
Integrated Family Community Services.....	303.795.3700
RTD Access-A-Ride.....	303.299.2960
South Metro Housing Authority - Littleton.....	303.794.9608
Douglas County Human Services.....	303.688.4825
Douglas County Senior Adult Services.....	303.814.4374
Douglas County Seniors' Council.....	303.663.7681
Lone Tree Living and Aging Well Commission.....	303.225.4930

Connect on Facebook! 
facebook.com/groups/southsuburbanactiveadults

Stay Informed! 
Sign up for the Active Adults Newsletter at
ssprd.org/Newsletter-Signup

Looking for your favorite Active Adult art, educational or fitness class? Look for this icon throughout the catalog.



You can also find all of these classes at register.ssprd.org.



AQUATICS

We're hiring indoor and outdoor lifeguards and swim instructors!
Enjoy flexible schedules and great benefits including discounts on golf, access to recreation centers, and more. Free training available, find more information at careers.ssprd.org or contact Anne Harston at aharston@ssprd.org.

DIVING LESSONS

DIVING LESSONS

Divers of all ability levels can learn and improve with **Diving Lessons** for youth ages 7-18 at Ben Franklin and Cook Creek pools. Includes proper safety, basic approaches, board work, and optional dives.

RED CROSS CLASSES

RED CROSS CLASSES & TRAINING

Learn the skills and tactics necessary to save a life, respond to emergencies, and provide care for others. Earn American Red Cross certifications including **First Aid CPR and AED, Lifeguard Training - Shallow Water** and **Babysitter Training**. Fees, requirements and ages vary depending on course and experience.

SWIM TEAMS & LESSONS

SWIM TEAMS

Enjoy competitive swimming in a fun, recreational setting when you join a summer outdoor swim team! Practice with a team of swimmers with similar abilities and compete in weekly meets throughout the metro area. Swimmers ages 6-18 are invited to join the **Ben Franklin Fish, Cook Creek Wahoos** or **Holly Park Sharks**.

SWIM CLUBS & CONDITIONING

Learn something new, practice your skills and stay in competitive shape. Fine-tune strokes and maintain endurance at a **Swim Conditioning** class, **Finnadicts Masters Swim** program, or join our recreational **Slipstream Aquatics Academy**.

SWIM LESSONS

Swimmers of all ability levels can learn and improve at **Swim Lessons** for youth and adults. Practice basic skills and learn new ones in classes ranging from Parent-Tot to Level 5 at pools around the District. **Flexible Private Swim Lessons** are also available, as well as **Sessional Private Swim Lessons** with set dates and times.



Summer 2025 Swim Lesson Fee and Session Information	
Indoor Pools	Session Dates: 2 Days or 1 Day per Week (M/W, Tu/Th or Sat)
Buck, Goodson and Lone Tree Rec Center	6/2-6/28: 4 weeks
	7/7-8/2: 4 weeks <i>Goodson 7/7-8/9, no classes 7/19</i>
Outdoor Pools	Session Dates: 4 Days per Week (M-Th)
Cook Creek, Franklin, Harlow and Holly	6/2-6/12: 2 weeks
	6/16-6/26: 2 weeks
	7/7-7/17: 2 weeks
	7/21-7/31: 2 weeks
Outdoor Pools	Session Dates: 1 Day per Week (Sun)
Cook Creek and Holly	6/8-6/29: 4 weeks
Cook Creek and Franklin	7/13-8/3: 4 weeks
Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	M/W or Tu/Th, 4 weeks: \$64R / \$84NR
	M-Th, 2 weeks: \$64R / \$84NR
	Sat or Sun, 4 weeks: \$32R / \$42NR
School Age and Adult 6 years and up	M/W or Tu/Th, 4 weeks: \$62R / \$82NR
	M-Th, 2 weeks: \$62R / \$82NR
	Sat or Sun, 4 weeks: \$31R / \$41NR



ARTS / EDUCATION

For summer camp information, see pages 12-13.

ARTS AND CRAFTS

CRAFTS FOR ALL AGES

Let your creativity soar with hands-on crafts including **Stained Glass**, **Active Adult Ceramics**, **Origami** and more. Classes and workshops available for adults, youth and parent-tot.

DRAWING

Learn new techniques and skills in **Drawing for Teens**, and explore seasonal themes in **Draw & Paint: Famous Artists Workshop**.

HOMESCHOOL ART

These two-week, themed **Homeschool Art** classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

MIXED MEDIA

Youth can experiment with various mediums from acrylics and watercolors to collage materials and textiles in **Art Club** or explore our natural world through science-based projects in **Art + Science**. Build skills and develop an artistic style by making beautiful creations that blend these elements to create unique, multi-dimensional artworks. Adults can get creative and explore different techniques and mediums to express themselves through art in **Adult Art** classes or **Art Studio** sessions.



PAINTING

Classes and workshops featuring **Watercolor**, **Printmaking** and other mediums for tots, teens, adults and specialty classes just for Active Adults! Learn essential techniques in **Oil Painting for Beginners** classes. Little ones can explore in **Art for Tots** and **Canvas and Cookies** classes, or in **Artsy Tots** at Hudson Gardens.

Creativity Lab

There are opportunities for creators of all ages at Sheridan Recreation Center's Creativity Lab! Imagine and build beautiful creations out of recycled treasures and found objects. The Creativity Lab is free with admission to the Sheridan Recreation Center.

CULINARY ARTS

COOKING FOR ADULTS

Classes include recipes, in-depth instruction and sampling of the completed dishes. This summer, embrace fresh and satisfying flavors with a twist on **Summer Fare**, follow it up with delightfully light **Summery Desserts**, and discover the exciting variety of **Vibrant Vegetarian** dishes. Expand your knowledge and create new habits at **Cooking & Nutrition** classes where you'll learn to create delicious, nutritious meals that support a balanced lifestyle. Learn the perfect techniques to impress guests with a next-level **Charcuterie Board**, and take home a wooden charcuterie board to use with your new skills!



COOKING FOR KIDS

Cooking helps build independence, persistence and confidence in students. Learn skills to use in the classroom and at home in a **Saturday Treats Workshop** or **Sticky Fingers Cooking School**.

EVENTS

Discover the world of tea in **Tea Classes** at Hudson Gardens, where you'll explore matcha, tea cocktails and more.

LEARN SOMETHING NEW

CARD TRICK CLASS

Learn card tricks that will amaze your family and friends with no slight of hand, no setups and no fake shuffles or cuts at **Card Trick Class**.

CHESS

Learn rules and strategy from a Master Chess Instructor to level up your chess skills.

LANGUAGE LEARNING

Build vocabulary and improve fluency and listening skills in an **Intermediate Spanish** class. Practice your English in a fun and relaxed setting during an **English Conversation Group** meeting.

Shakespeare In The Wild

Experience a classic play at deKoevend Park! A theatre troupe will perform Shakespeare works on Aug. 15-17, Aug. 22-24, and Aug. 30-Sept. 1. These events are free and open to the public.

MUSIC

MUSIC FOR TOTS

Sing, dance and play! Enjoy interactive classes like **Music Together** and **Crocodile Rock** to lay the foundation for a lifetime of music appreciation.

FUN KEYS SEMI PRIVATE PIANO LESSONS

These fun lessons feature popular piano teaching methods with catchy rhythms, melodies and chord progressions that students love to practice.



POTTERY & CERAMICS

CERAMICS

Explore the possibilities of clay, from boxes and bowls to platters and free-form art pieces in **Ceramics Hand-Building**, **Active Adult Ceramics**, **Ceramics Wheel-Throwing Workshops** and **Raku**.

POTTERY

Give this craft a spin with adult **Pottery** classes for Levels 1-3 and **Pottery Studio Open Lab Time**. Youth can create in **Youth Pottery** or **Youth Clay** classes.





DANCE

For summer camp information, see pages 12-13.



ACADEMY OF DANCE

Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-18. Youth receive quality studio instruction in a fun and engaging setting at a fraction of the cost of other studio classes. Learn more at ssprd.org/Academy-of-Dance.

BALLET

Instill grace, balance and confidence through **Ballet**. Classes and conditioning courses available for dancers of all ages and abilities, from Level 1 to Level 4. **Ballet / Tap** and **Ballet / Jazz** combo classes are also available.

HIP HOP

Groove to the beat while learning new skills and techniques. Students will learn **Hip Hop** moves while working on coordination, strength and teamwork. Beginning, intermediate and advanced levels are available.

JAZZ

Experience the upbeat energy of **Jazz**, which combines classical ballet with modern and popular dance techniques. Beginning, intermediate and advanced levels available, as well as a **Jazz / Tap** combo class.

LEAPS & TURNS

Break down the basic skills of these dance moves to fine tune your technique during **Leaps and Turns**.

LYRICAL DANCE

Lyrical Dance is perfect for anyone who wants to learn how to use movement to express emotions. Students work on balance, technique and creativity in beginning, intermediate and advanced sessions.

STRENGTH AND CONDITIONING

Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

TAP

Get into the rhythm and explore the energetic styles of **Tap**! Students will focus on timing and technique while learning exciting dances and routines. Beginning, intermediate and advanced levels available.

ADULT DANCE CLASSES

DANCE PROGRAMS

Explore the many benefits of **Belly Dance** or kick up your heels in **Line Dance**! Try a **Partners Dance** class to learn popular ballroom, Latin and social dances. Experience the magic of ballroom dancing in a rustic setting at new **Hudson Gardens Ballroom Dancing** classes.

YOUTH RECREATIONAL DANCE CLASSES

BALLET

Learn the fundamentals of ballet in **Pre-Ballet** classes. Various age groups are available for these shorter dance sessions, lasting from 1-8 weeks.

HIP HOP

Learn **Hip Hop** choreography that is age-appropriate, high-energy and fun!

JAZZ

Combine classical ballet, modern dance and popular moves in upbeat and fun **Jazz** classes.

YOUNG DANCERS

Your little ones can move and groove at classes designed for dancers ages 1-5. Play and learn with your child at a **Parent-Tot Dance** class, or let them explore rhythm and basic steps in fun classes like **Creative Movement** and **Princess Dance**!



ESPORTS

For summer camp information, see pages 12-13.



CAMPS

ESPORTS CAMPS

Whether you're a seasoned pro or brand new to the genre, duke it out with various enemies, weapons and characters at **Battle Royale Camp**. Love to tinker and build? Jump on the custom South Suburban Esports Minecraft server and bring your ideas to life at **Minecraft Camp**. Master ball control, personal movement, as well as good striking/defending skills at **Rocket League Camp**. Meet new friends and prepare for local tournaments at **Super Smash Bros Camp** and **Mario Kart Camp**. Not sure which game you want to play? Explore the full spread of titles at **Free Play Camp**.



DROP-IN GAMING LONE TREE: MON-FRI 4-8 PM WEEKENDS 10 AM-4 PM

OPEN PLAY GAMING

Join us for open play sessions during daily **Drop-Ins**! Perfect your skills, try out new games, and meet friends while playing on our professional-grade equipment. Guarantee your spot by registering online or drop in and pay on-site. Enjoy a free drop-in open house every Friday night.

TABLE TOP GAMING

We enjoy old-school gaming as much as the new stuff here at South Suburban! Join us on weekends at the Lone Tree Hub for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers at the Lone Tree Hub on weekends from 12-8 pm. Join us on Sundays for **Table Top Gaming Camp** with our Staff Dungeon Master!

Connect with us for the latest updates and information on upcoming events.



@SSPRD_Esports



Discord:



@ssprd_esports



twitch.tv/southsuburbanesports



FITNESS

GROUP FITNESS

Jammin' July Fitness Challenge

Join the challenge, win prizes! Pick up a Jammin' July card from a fitness staff member or the front desk. Earn a sticker or instructor initial each time you complete a fitness class or personal training session from July 1-31. Once you have all five boxes filled, turn your card in at the front desk to be entered to win. Fill out as many cards as you can and return them by July 31 for your chance to win prizes!

POSTURE & FUNCTIONAL TRAINING

Learn gentle corrective exercises for balance, strength and chronic pain relief in **Functional Motion** classes. Learn how to improve postural and movement habits with **Posture, Balance and Movement** (formerly Alexander Technique) private lessons and classes.

DROP-IN GROUP FITNESS CLASSES

Drop-in fitness classes are included with daily admission to any recreation center. Cardio, strength, cycling, dance, aqua fitness, mind/body, SilverSneakers® and so much more! Visit ssprd.org/drop-in-fitness.html or scan the QR code below for times and locations.

Looking for Drop-In Fitness Classes?
Scan the QR Code below for an
up-to-date schedule!



Pro tip: Cut out this box and keep it on display or tucked away for easy access to the Drop-In Fitness calendar whenever you need it!

SMALL GROUP TRAINING

Feel comfortable and get motivated with South Suburban's group training sessions. Start with one of the free **Equipment Orientations** and gain strength with **Women on Weights**, **Active Adult Weight Training**, **Pelvicore Yoga Fusion** and **Commit to Get Fit**. Stay mentally fit and stimulate your brain in **Ageless Grace**. Learn the proper way to punch and kick using standing bags in **Kickboxing 101**.



PARKINSON'S FOUNDATIONS

Parkinson's Foundations is designed for anyone experiencing mobility, cognitive, balance, or coordination issues, including Parkinson's, MS, TBI, stroke, or neuropathy. Each session focuses on exercises that will improve overall fitness, mobility, reflexes, voice strength, and balance, all in a fun and friendly atmosphere.

HEALTH & WELLNESS

MASSAGE

Call 303.483.7080 for an appointment with a certified, licensed massage therapist at Goodson Recreation Center. Single massages can be purchased at the front desk.

MINDFULNESS & STRESS RELIEF

Slow down and try the Japanese practice of **Forest Bathing** on a guided walk to reconnect with nature. Experience the benefits of a **Sound Bath** or **Qigong Movement** at Hudson Gardens to promote mental clarity, increase focus and reduce stress.

PERSONAL TRAINING

Achieve your goals through affordable training. South Suburban's nationally-certified trainers will provide safe, effective workouts designed for each individual's needs. Adult, youth and group rates available. Test your metabolic rate to create an effective weight loss plan with our **Resting Metabolic Rate Testing**.

PHYSICAL THERAPY

Receive an individualized treatment plan to help restore, maintain and optimize your activity.

PILATES

PILATES REFORMER

Pilates Reformer classes offered for the beginner to the advanced student. Try it out at **Discover Pilates Reformer**, then move to **Reformer Level 1** and work your way up to **Level 3**. **Private Reformer** sessions for individuals or groups available as well. Plus, try the new **Jumpboard Reformer** class!



SILVERSNEAKERS®, SILVER & FIT, RENEW ACTIVE/ ONE PASS

INSURANCE BENEFIT PLAN ORIENTATIONS

Get a general overview of the SilverSneakers®, Silver & Fit, and Renew Active/One Pass programs and facility tours. All members are welcome.

SILVERSNEAKERS® CLASSES

A variety of SilverSneakers® classes are offered to help you meet your health and wellness goals. Classes are included with daily recreation center admission. Try SilverSneakers® Circuit for a low-impact workout or SilverSneakers® Classic with a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. SilverSneakers® Yoga is also available for all abilities. View schedules at ssprd.org/drop-in-fitness.

TAI CHI

TAI CHI

Relieve stress, improve balance and promote physical and mental well-being with **Tai Chi** classes. Start with the beginning class and move your way up to advanced, and build confidence with **Moving for Better Balance** classes. Deepen your understanding and bring a new vision of yourself in the **Tai Chi Ch'uan Summer Retreat**.

Private Yoga and Tai Chi Sessions

Improve your yoga or tai chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

YOGA

YOUTH YOGA

Through poses, breath work, asanas and a lot of laughter, kids ages 6-12 will learn the physical and mental benefits of yoga. Parents are welcome to register and attend with their kids.

YOGA WITH SUZANNE

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

Outdoor Fitness

Enjoy the fresh air while staying active in outdoor fitness classes. Registration is open for **Outdoor Aqua Fitness**, **Tai Chi**, **Yoga** and more!





GOLF COURSES

FAMILY SPORTS GOLF COURSE



This 9-hole, par-31 executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban's PGA teaching staff, GOLFTEC provides individual outdoor lessons onsite at Family Sports Golf Course.

Family Sports Golf Course also features the Denver metro area's only heated and lighted double-deck driving range, open year-round, and late into the night! Golfers enjoy infrared heaters while hitting range balls on cold days or nights.

Adjacent to the driving range is an award-winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75-yard-long pitch shots.

Avalanche Grill and Pro Shop

At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio overlooking the golf course.

Stop by the pro shop where our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you with any warranty-related issue.

LITTLETON GOLF AND TENNIS



The par-63 executive 18-hole course is a great choice if you're looking to play a round on a naturally beautiful course. The title may say executive, but the challenge of the course will put your skills to the test. It features two par-5s, five par-4s, a grass driving range with water targets and a practice putting green.

Centennial Grill and Pro Shop

Stop in for a drink or bite to eat at the Centennial Grill. It's the perfect casual dining spot, featuring great views, large TVs and a full-service bar. Take advantage of weekly food and drink specials.

LONE TREE GOLF CLUB & HOTEL



A public course with a country club feel. The 18-hole, Arnold Palmer-designed, par-72 championship course features rolling fairways and greens and offers players incredible views of Denver and the Front Range. With five sets of tees, players can choose tee boxes to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens, two sand bunkers and one grass bunker.

Lone Tree Grill and Pro Shop

The Lone Tree Grill is open seven days a week and is the perfect spot to grab breakfast before a round or a cocktail to unwind and relax. The Grill offers regular specials, music on the patio in the summer and themed parties. Stop in the newly renovated pro shop to receive a custom club fitting from professionals and enjoy competitive prices. It's the perfect spot to find a gift for the golfer who has everything.

Lone Tree Hotel and Events

The Lone Tree Golf Club & Hotel offers unique sophistication with a traditional flair for all types of events, including weddings, corporate events, life celebrations and more! Feel confident that you and your guests will receive care and attention from start to finish by hospitality professionals attending to every detail, so you can enjoy your day! In addition to 15 boutique hotel suites, Lone Tree offers a full catering menu.



SOUTH SUBURBAN GOLF COURSE

Play a round against a picturesque mountain backdrop at this regional favorite! South Suburban is a superbly maintained, 18-hole regulation course, conveniently located in the south metro area. Whether your handicap is in the single or double digits, everyone enjoys playing this fun and challenging Dick Phelps-designed course. Take advantage of our short game practice area, which includes a 3,000 square-foot chipping and putting area, as well as a practice sand bunker.

Par-3 Course

The 9-hole, par-3 golf course is an excellent choice for those who are learning the game or have limited time.

South Suburban Bar and Grill and Pro Shop

Whether you're dining indoors or on the patio, the sweeping views of the golf course and mountains are the perfect complement to your meal. The Grill is open daily for breakfast, lunch and dinner, with full bar service, daily specials and happy hour Monday-Friday. The Grill hosts events and live music on select dates year-round, and is available for your next event, reception or outing. Reservations are accepted and gluten-free items are available.

Make any day a hole-in-one at South Suburban's two mini golf courses!

- Family Sports Center Mini Golf
- Colorado Journey Mini Golf

For summer camp information, see pages 12-13.

ADULT GOLF

ADULT CLINICS

Up your game at **Golf Clinics** designed for intermediate and advanced golfers. Instruction includes putting, chipping/pitching, irons and driver.

ADULT GET GOLF READY

Get Golf Ready offers basic instruction preparing the adult golfer to play the game at all four courses. Basic, intermediate and women-only classes. **Adult Play Golf** classes at South Suburban Golf Course are one-day courses that take place on the par-3 and teach the dynamics of the game.



FAMILY SPORTS GOLFTEC LESSONS

GOLFTEC gives lessons to every player from beginners to serious competitive golfers. They will develop a customized plan to fit your game, your learning style and your goals.



GOLF LEAGUES

YOUTH & ADULT LEAGUES

All four golf courses offer a variety of youth and adult leagues for every golfer. Most leagues run April-October. Call your favorite pro shop for more information. Youth golfers can also compete in the **Junior Playing Series** at South Suburban Golf Course.

YOUTH GOLF

CAMPS

Focus on full swing and short game at a **Junior Golf Camp**, available at South Suburban, Lone Tree and Littleton golf courses. Students will learn basic fundamentals, safety and etiquette. The **Family Sports Junior Golf Advanced Playing Camp** features on-course play with instruction and includes a take-home video analysis. Must be able to carry your own set of clubs and play 9 holes. Try **Junior Golf & Tennis** for a fun opportunity to meet friends while trying new sports. Students will learn the basics of both golf and tennis at Lone Tree Golf Club & Hotel and Lone Tree Tennis Center.

START SMART GOLF

Before your child steps out on the green, sign up for a **Start Smart Golf** program at the Sports Complex or Goodson or Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.



YOUTH LEARN TO PLAY GOLF

Youth Learn to Play Golf lessons are designed to cover the basic golf fundamentals of grip, stance, full swing, short game and etiquette. Available at all four courses.

MUSIC ON THE PATIO

**WEEKENDS AT
LONE TREE GOLF CLUB & HOTEL
SOUTH SUBURBAN GOLF COURSE**

**Enjoy live music and specials
on food and beverages!**

View schedules at ssprd.org

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See a full list of trips at: register.ssprd.org




LICENSED CAMPS / PRESCHOOL

SUMMER CAMPS

ADVENTURE DAY CAMP

Have a new adventure at Family Sports Center! Camp activities include laser tag, euro bungee, ice skating, mini golf, crafts and sports. Special activities include HawkQuest, silent disco, tie-dye, and Kona Ice. Plus, explore on field trips to outdoor pools, botanic gardens, Aurora Reservoir, Denver Museum of Nature and Science, and the aquarium!



CLUB CAMP

Full day Club Camps at the Sports Complex, Buck, Goodson and Lone Tree recreation centers include crafts, sports, swimming, science, group games and more. This summer, special activities include HawkQuest, silent disco, tie-dye, and Kona Ice. Plus, explore on field trips to outdoor pools, botanic gardens, Aurora Reservoir, Denver Museum of Nature and Science, and the aquarium!

More Summer Camps

South Suburban offers a variety of camps and classes at over a dozen facilities and parks. At specialty camps, campers can try outdoor adventures like archery or BMX, explore the wonders of space and science, sharpen their photography or art skills and much more. Explore more camps on pages 12-13 and view a full list of summer camps at register.ssprd.org.

PARENTS NIGHT OUT

PARENTS NIGHT OUT


Hey parents! Take the night off and bring your kiddos (ages 3-12) to a movie night, complete with pizza and popcorn. Movie nights will be held at Goodson Recreation Center on June 13, July 11 and Aug. 8, and at Lone Tree Recreation Center on June 6 and Aug. 1.

PRESCHOOL

To register for Preschool, contact the Family Services Preschool Coordinator at 303.708.3518. Registration is open now for the 2025-2026 school year. Fall sessions begin Sept. 2. Students may enroll at any time if the age and potty training requirements are met.

Schedule a Preschool Tour

- Want to learn more about preschool activities, facilities and staff? Schedule a tour to see what makes South Suburban's Child Discovery Time preschool programs unique and perfect for your child at bit.ly/CDTtours.



PRESCHOOL / PRE-KINDERGARTEN

Children will socialize, develop self-esteem, engage in physical activities, improve verbal and listening skills, and work on math and reading readiness at this state-licensed preschool program. Half- or full-day classes available M/W/F, T/TH and M-F at Goodson and Lone Tree recreation centers.

- Preschool - ages 3-4
- Pre-Kindergarten - ages 4-5

Camp and Preschool Registration Fees

Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs. The fee for licensed day camps is \$50 (before May 26) and \$75 (May 27-Aug. 8). Fees are \$135R / \$160NR for licensed child care and preschool programs. Visit register.ssprd.org to learn more about these fees and for more details about signing up for child care, preschool and day camps.

Save with Universal Preschool Pricing

South Suburban proudly offers Colorado's Universal Preschool Program to make early education accessible and affordable to all families! Save on preschool and pre-k costs for 2-, 3- and 5- day options. Learn more and register at ssprd.org/preschool.





NATURE / OUTDOOR RECREATION

For summer camp information, see pages 12-13.

ADULT NATURE

GUIDED HIKES

Limited spots are left for popular **Guided Nature Hikes**! Join a naturalist guide for adventures ranging from easy hikes with shorter distances on level surfaces for those with mobility limitations, to hikes labeled moderate or difficult with higher elevation gain and mileage. Get creative on guided **Nature Journaling and Art** hikes at various scenic locations. Join a local artist and naturalist guide for walks at parks around the District to inspire journaling, drawing, photography and other art in **Creating Art in Parks** events.

CHILDREN’S NATURE

CLASSES, WORKSHOPS & EVENTS

Learn and play at South Platte Park! Practice the basics at **Fly Fishing for Kids** and learn **Primitive Survival Skills** for thriving in the wilderness. See what it’s like for native wildlife on a **Predator and Prey** adventure, build **Fairyhouses and Forts**, explore the journey **From Toad to Turtle** and much more.

FAMILY NATURE & SPECIAL EVENTS

ASTRONOMY

Explore a riverside forest by moonlight on a **Full Moon Walk**. Experience the biggest celestial show of the summer at the **Perseids Meteor Shower** viewing event.

BEEKEEPING

Learn about bees and beekeeping at Hudson Gardens! Observe the daily tasks of a beekeeper and watch them handle live, active bees at a **Meet the Beekeeper** event, or take **Beekeeping Classes** to learn how to set up and maintain your own hive to support conservation efforts.



GARDENING

Sharpen your gardening skills in **Vegetable Gardening** or **Water Gardening** and gain useful knowledge at **Meet the Rose Gardener**, **Meet the Water Gardener**, **Meet the Veggie Gardener** and **Meet the Colorado Gardener** events at Hudson Gardens.

HORSEBACK RIDING

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Aspiring riders ages 5-7 can build confidence in the **Kiddie Corral**, and riders ages 8+ can gain more experience in a group setting **Horseback Riding** course.

NATURE ART & SKILLS

Enjoy wildflower hikes, field botany, native grass identification, and more in **Native Plant Master Courses**. Learn about different herbs, their medicinal properties, and ways to incorporate their use in daily life in an **Herbal Education** class. Young anglers can learn to fly fish in **Youth Fly Fishing**.

NATURETEENS

South Platte Park’s **NatureTeen** program is a summer volunteer experience designed to foster leadership skills, mentoring roles, and job skills for youth ages 14-18. Most shifts include outdoor leadership and guidance for children in nature programs and camps. Check online for details and training dates before the busy summer season.

MORE FAMILY NATURE

Fill your summer with family-friendly adventures! Catch a glimpse of protected wildlife at a free **Cooley Lake Nature Walk**. Get your feet wet and learn **Family Fishing Skills**. Make lasting memories on a **Father’s Day Nature Walk**. Learn about helpful tools and techniques in a hands-on **Bike Repair** class.



Special Events

Browse a selection of unique plants at the **Aquatic Plant Sale** at Hudson Gardens, a must for anyone with a water feature or green thumb! Visit Hudson Gardens every second Saturday to interact with farm animals at the **Petting Farm**. Test your luck with **Gold Panning**. Experience live raptors like falcons, owls, and hawks take flight before your eyes at **HawkQuest Night Out**. Enjoy the biggest celestial show of the summer during the **Perseids Meteor Shower** viewing event. Drop by Hudson Gardens for **Bemis Library Bookmobile** visits to check out a book to enjoy!

WILDLIFE WATCHING

BIRDING & WILDLIFE WATCHING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Paddle silently past herons and ducks during the popular **Sunset Canoeing**, and join other enthusiasts at **Level Up Your Birding Skills**, **Birding By Ear**, and **Wednesday Birding**. Explore with an Audubon Master Birder to discover rich bird habitats on **Bird Walks at Hudson Gardens**. Hike to catch a glimpse of an **Osprey**.

Nature Van, Field Trips & Homeschool Opportunities

South Platte Park can bring our nature van to your school or community meeting to provide a hands-on natural science experience. You can also book a field trip to the South Platte River for an adventure that aligns with local curriculum standards. Visit ssprd.org/nature to learn more and start planning your adventure!

Nature Program Scholarships Available

Visit ssprd.org/scholarships to learn more and apply!

Free Summer Programs at South Suburban

Aquatic Plant Sale
Hudson Gardens

Cooley Lake Nature Walks
South Platte Park

Gold Panning
at Western Welcome Week

**Meet The Gardener &
Beekeeper Events**
Hudson Gardens

Bemis Library Bookmobile Days
Hudson Gardens
(Saturdays, June-August)

G-Scale Garden Railroad
at Hudson Gardens

Yoga in the Park
Belvedere Park & Hudson Gardens

ssprd.org



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Tickets on sale now! hudsongardens.tixr.com/ROCK



SPORTS

For summer camp information, see pages 12-13.

ARCHERY

ARCHERY

From weekly beginner classes to week-long camps, archers ages 8+ can develop skills with recurved, compound and crossbows from a certified instructor and range coach. This summer, South Suburban is offering **Homeschool Archery, Intermediate, Try Archery, Drop-in, Archery Tag** and **Explore Archery** options.

BASKETBALL

BASKETBALL CLINICS

Practice basic basketball skills at a **Swisher Basketball Clinic**, where participants focus on ball handling, dribbling, passing, shooting and rebounding. Players can learn from experienced coaches and compete in a fun environment at **Nothing But Net** camps.



For youth and adult league information, see pages 32-33.

FENCING

FENCING CLASSES

Youth can develop balance, reflexes, confidence and self-esteem while exploring the art of **Fencing**!

GYMNASTICS

C.A.R.A. COMPETITIVE TEAMS

South Suburban partners with the Colorado Association of Regional Athletics (C.A.R.A.) to offer this girls competitive program. For more information, call 303.483.7083 or email sparks@ssprd.org.

DROP-IN GYMNASTICS

Enjoy extra practice time or burn off excess energy at **Drop-In Gymnastics**! Trained staff supervise sessions, but do not offer instruction or structured activities. Learn more and view schedules at register.ssprd.org.

PRIVATE LESSONS

Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for ages 6+ and all ability levels. Call 303.483.7085 or email kborawa@ssprd.org to request a coach.

GYMNASTICS CLASSES

Various levels of instruction offered for gymnasts ages 6-11, from **Beginner to Advanced**. Active little ones ages 18 months-5 years can jump, tumble, learn and explore at gymnastics programs including **Mighty Munchkins, Tiny Tots, Tumble Bugs, Tumble Tykes** and **Kindernastics**.

New gymnastics sessions begin June 30.

ICE SKATING

ADULT LEARN TO SKATE

Beginner, Intermediate and **Advanced** ice skating lessons for skaters ages 18+.

YOUTH LEARN TO SKATE

From **Parent-Tot** to **Advanced Freeskate** and everything in between for ice skaters ages 2-17. Beginners can develop basic skills in **Learn to Skate** levels 1-6, and experienced skaters can learn even more in **Freestyle** and **Ice Dancing** classes.

HOCKEY

ADULT AND YOUTH LEAGUES

South Suburban offers adult and youth leagues for all ages and abilities.

For adult hockey league information visit ssprd.org/Adult-Ice-Hockey.

For youth hockey league information visit ayhl.com.

BLACK ACES

Lace up your skates and join South Suburban's adult hockey lunch league! The league has four seasons – Fall, Winter, Spring and Summer. Each season is 10 weeks long with single elimination playoffs. Learn more at ssahl.sportngin.com/blackaces.

LEARN TO PLAY - HOCKEY

Focus on hockey skills in the Learn to Play series for all abilities. Learn basic moves and then develop your technique with **Mighty Mites** (ages 4-8) or **Mighty Warriors** (ages 9-17). Play actual games in **Junior Warrior House League** (12U & 17U). Must provide your own gear. **Learn to Skate Pre 1 & Pre 2** or **Level 1** are a prerequisite for Learn to Play. Women can join the **Lady Learn to Play Hockey** classes, while all adults can sharpen their skills at an **Adult Hockey Skills Clinic**.

LACROSSE

CLINICS & CAMPS

Always wanted to try lacrosse? Learn the basics and try the sport for your first time at **New Player Lacrosse Camp** and improve your game at **Advanced Skills Lacrosse Camp**.



MARTIAL ARTS

AIKIDO, KARATE & TAE KWON DO

Practice self-defense, discipline and other essential skills at one of South Suburban's many martial arts classes for all ages and abilities. Different levels offered for **Aikido**, **Colorado Budokan Karate**, **ISKF Colorado Karate** and **Tae Kwon Do** classes. Adults, youth and families can learn techniques and gain confidence in **Self-Defense** classes.

PICKLEBALL

CLINICS, CAMPS & DROP-IN

Meet new friends and ace your game at **Drop-In Pickleball**, **Pickleball Clinic**, **Pickleball Boot Camp**, **Juniors Boot Camp** and **Private Lessons** at various indoor and outdoor locations! View drop-in schedules and programming updates at ssprd.org/pickleball.

For youth and adult league information, see pages 32-33.



RACE SERIES

Visit ssprd.org/raceseries to learn more and register for South Suburban races!

PANCAKE STAMPEDE 5K

Work up an appetite for a deluxe post-race breakfast at the Pancake Stampede 5K on Sunday, Aug. 10. The race takes place on the Mary Carter Greenway along the South Platte River, and is part of Littleton's Western Welcome Week celebration.

BLUFFS 8K TRAIL RUN

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree on Sunday, Aug. 24. The course is fine crushed gravel with some rugged, steep areas along the route.

TRYATHLONS

Swim, bike, run! South Suburban's TRYathlons are the perfect way to "try a tri." Challenge yourself and learn more about these exciting races in a friendly environment open to athletes of all levels.

Goodson TRYathlon: Sunday, June 22

Cook Creek TRYathlon: Saturday, July 26

For more details, distances and to register visit ssprd.org/tryathlon.

CARA Summer Track

Competitors ages 5-15 can develop skills for different track events while working on running form, speed, distance and endurance in this summer track program!

SOCCER

PROGRAMS

Learn coordination, teamwork and perseverance at soccer programs for players 12 and under. Various levels are offered for **Colorado Soccer Buddies**, and players can learn even more at a **Soccer Instruction** class.



TENNIS

ADULT TENNIS

Learn essential drills designed for NTRP level, cardio, or for those brand new to tennis in a **Quick Start** program.

JUNIOR TENNIS

The Junior **ROGY** Program uses a step-by-step progression to help players develop strong fundamental tennis skills.

Red Ball (ages 5-7) on a mini court

Orange Ball (ages 6-10) on a short court

Green Ball (ages 11-14) on a full court

LITTLETON TENNIS ACADEMY

A progression program for players ages 12-18 advancing from ROGY program, with a focus on high school and tournament level play. Visit ssprd.org/tennis for additional information and registration links.



Looking for More Tennis Info?

Visit ssprd.org/tennis for information on all South Suburban tennis facilities, programs, classes and more.

VOLLEYBALL

YOUTH

Volleyball Instruction for Youth includes fun drills and training techniques to build foundational skills.



PARTNER PROGRAMS

CAMPS & CLINICS

Stay active and improve your skills in a variety of sports programs from our partners, including:

Challenger Soccer Sports

FUNDamental Youth Sports Camp

Nothing But Net Basketball Camp

Landow Performance Speed and Agility Camp



Personal Training at the South Suburban Sports Complex

Denver Human Performance (DHP) provides private, small group and team training for any athlete or sport team seeking to improve their physical capabilities while strengthening camaraderie and discipline. Search for **Sports Complex Sports Performance Training** at register.ssprd.org to learn more and get started.



2025 ADULT SPORTS LEAGUES						
Sport		Season	Registration Range	League Starts	Fees	Games Types of Leagues
Basketball		Summer	April 7-June 4	June 9	\$600	8 + playoffs Free Agents, Mens Rec, Mens Comp & Mens Open
Field Lacrosse		Summer	March 31-June 2	June 11	\$1,150	6 + playoffs Mens Rec, Comp, Masters 35+
Pickleball	Session I	Summer	April 1-May 19	June 2	\$154-\$161R / \$174-\$181 NR	6 weeks + playoffs Mixed Doubles, Men's Doubles, Women's Doubles, Age 50+
	Session II	Summer	June 1-July 10	Aug. 4	\$154-\$161R / \$174-\$181 NR	6 weeks + playoffs Mixed Doubles, Men's Doubles, Women's Doubles, Age 50+
Racquetball		Summer	March 24-May 23	May 27	\$65 \$75	8 weeks + shootout Intermediate & Advanced
Soccer	Indoor Field I	Summer	March 31-May 9	May 12	\$725-\$1,000	8 + playoffs Coed, Men's A & B, Mens 30+
	Indoor Field II	Summer	May 26-July 11	July 22	\$725	8 + playoffs Coed, Men's A & B, Mens 30+
	Outdoor Field	Summer	March 31-May 9	May 16	\$1,150	8 + playoffs Coed
Softball		Summer	April 8-May 28	June 2	\$655	9+ playoffs Men's Rec, Men's E, Men's Open Coed D, Coed E
Volleyball	Indoor	Summer	April 7-June 6	June 13	\$225	14 + playoffs Coed 4v4
	Outdoor	Summer	April 7-May 28	June 2	\$225	14 + playoffs Coed 4v4

Register for all adult/youth leagues at **southsuburbansports.com**



WEATHER HOTLINE

South Suburban has a weather hotline: 303.219.1150.
Download the free app RainoutLine
Search: SSPRD rainoutline.com

2025 YOUTH SPORTS LEAGUES							
Sport		Grades	Season	Registration Range	Practice Start (week of)	Games Start (week of)	Fees (R/NR)
Baseball	Boys	2nd-3rd	Summer	Jan. 1-May 4	May 26	June 2	\$99/\$117
		4th-8th	Summer	Jan. 1-May 4	May 26	June 2	\$114/\$134
	Youth	K-5th	Fall	July 1-Sept.3	N/A	Sept. 7	\$53/\$59
Basketball	3v3 Outdoor	3rd-8th	Summer	April 1-June 14	N/A	June 23	\$45/\$50
	Summer Development	K-4th	Summer	March 10-May 23	N/A	May 31	\$150
	Youth	5th-8th	Fall	Sept. 6-Aug. 22	Sept. 2	Sept. 5	\$95/\$120
Field Lacrosse		K-12th	Summer	March 31-May 30	June 9	June 16	\$95/\$115
		K-8th	Fall	May 25-Aug. 8	Aug. 25	Sept. 6	\$95/\$115
		9th-12th	Fall	May 25-Aug. 15	Aug. 25	Sept. 6	\$1900/team
Flag Football		K-3rd	Fall	June 1-Aug. 13	Aug. 25	Sept. 6	\$75/\$90
		4th-8th	Fall	June 1-Aug. 13	Aug. 25	Sept. 6	\$85/\$100
Little Sluggers	June	Pre-K	Summer	Jan. 1-May 4	N/A	June 2	\$49/\$59
	July	Pre-K	Summer	Jan. 1-July 1	N/A	July 7	\$49/\$59
	Sept.	Pre-K	Fall	July 1-Sept. 1	N/A	Sept. 8	\$49/\$59
Softball - Girls		2nd-3rd	Summer	Jan. 1-May 4	May 26	June 2	\$99/\$117
		4th-8th	Summer	Jan. 1-May 4	May 26	June 2	\$114/\$134
Tee Ball		K-1st	Summer	Jan. 1-May 4	May 26	June 2	\$99/\$117
Volleyball		2nd-12th	Fall	June 2-Aug. 1	Aug. 25	Sept. 13	\$75/\$87

2025 TOURNAMENT SCHEDULE				
Title	Divisions	Fee	Date	For more Information
Adult Pickleball				
Firecracker Finale Doubles	Men's/Women's/Mixed 2.0-5.0	\$35	July 5-6	southsuburbansports.com
Hocus Pocus	Men's/Women's/Mixed 2.0-5.0	\$35	Oct. 4-5	southsuburbansports.com
Adult Tennis				
Lone Tree Cup	Mixed Doubles - 3.0-4.5	\$37	Aug. 8-10	southsuburbansports.com
Adult Softball				
Grand Slam Tourney	CoRec	\$225	July 12	southsuburbansports.com



STAR

South Suburban Therapeutic Adaptive Recreation

EVENTS

DANCES AND PARTIES

Dance and listen to the DJ play your favorite tunes each month at **Friday Night Dances**. Summer themes include **Beach Boys Dance**, **USA Dance**, and the **Harry Potter Dance**! Splash and play at **Sensory Friendly Swim Party** at Buck Recreation Center.

STAR TRIPS AND TOURS

Enjoy outings with friends on STAR trips and tours this summer! Douglas County residents can explore Colorado and make summer memories at **STAR Club**. Roast s'mores at the **Craft and Bonfire** night. Spend a day in Bailey soaking up the fresh mountain air and fishing on the annual **Rainbow Roundup Fishing** trip. Putt around with friends on the **Mini-Golf and Ice Cream** trip, and meet awesome animals at **Bella Terra Farms**.



STAR Fitness Buddies

Work out with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Contact Brendan Lawbaugh at blawbaugh@ssprd.org / 303.730.4614 for more information.

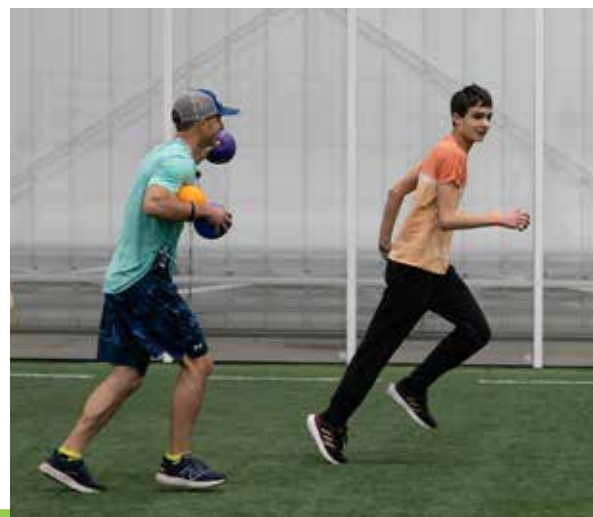
PROGRAMS

AQUA EXERCISE

Work on a variety of exercises including range of motion, cardio and more in the warm water therapy pool. Must be able to swim in five feet of water.

GAMES & SPORTS

Stay active as you play a variety of creative games and sports each week in **STAR Gym Games**, **STAR Turf Field Games**, **STAR Kickball**, **STAR Flag Football** and **STAR Golf**. Join the **STAR Heritage High Football Camp** to train and play with the Heritage High football team!



Stay Connected!

Sign up for the STAR email newsletter for the latest updates on trips, events and more. Scan the code to sign up or visit ssprd.org/Newsletter-Signup.



LET'S CELEBRATE YOU!

Choose how to enjoy your special day with unique birthday packages at locations across South Suburban. Planning your celebration with us is a piece of cake!

Art Parties

Celebrate your birthday with a creative twist! Art parties for kids or adults include a room and art activity instruction. Choose from dance, clay, painting, cupcake decorating, theatre or the Creativity Lab.

Colorado Journey Mini Golf

Explore the wonders of Colorful Colorado and make your birthday a hole-in-one. Choose from a variety of mini golf party packages including 18 holes, a reserved party area and more.

County Line BMX

Riders, get ready to race! Hit the track with an adventurous BMX birthday party, including exclusive track access and a sheltered picnic table area for festivities.

Esports & Gaming

Show off your skills with a gaming party at the Lone Tree Esports Lounge! Play your choice of over 250 games on professional gaming computers with headsets and gaming chairs, or on today's most popular gaming consoles. We also offer a virtual reality add-on!

Family Sports Center

There's something for everyone at a Family Sports Center party, from ice skating and laser tag to bumper cars and a rock climbing wall.

Gymnastics

Have a blast at a fun and energetic gymnastics party! Enjoy the obstacle course, foam pit, trampoline, parachute activities and games.

Nature

Calling all explorers! Celebrate in the great outdoors with a nature birthday party, including naturalist-guided programs on creepy crawlies, river treasures, geocaching, fairy parties and more.

Pool Parties

Make a splash on your special day! Pool parties are available year-round at Buck or Lone Tree's indoor pools, or plan a summer party at Ben Franklin, Cook Creek and Holly pools.

Sports Complex

Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

Tennis

Ace your special day with a tennis party, great for guests of all ages and abilities. Enjoy a court rental, instruction from a tennis pro, and food and beverage options.



Learn more at ssprd.org/birthdays





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